

## Observed Breast Examination

Student \_\_\_\_\_ Date \_\_\_\_\_

Preceptor \_\_\_\_\_ Site \_\_\_\_\_

### Reviewing Expectations with the Student before the Exam

	Yes	No	NA
1. Introduce yourself.			
2. Adequately explain reasons for and procedure of the breast exam either before or during the exam			
3. Maintain patient's individual need for privacy and comfort. Step out of the room to let patient undress in privacy, supply gown.			
4. Wash hands.			

### PERFORM STEPS OF THE EXAM

	Yes	No	NA
1. With patient sitting up, position her hands at her hips and ask her to gently push inward. Visualize for symmetry.			
2. Ask patient to put hands together above head and press inward. Visualize for symmetry.			
3. With arms at side, palpate axilla bilaterally, feeling for lymph nodes			
4. Patient lies down with arms above head; palpate each breast in "lawnmower" fashion in an up and down direction, using circular motion. Squeeze nipples to detect any discharge. Examine skin for any overlying skin changes. If mass or cyst is found, palpate other breast at the same time to check for symmetry			
5. Ask patient to sit up and cover herself.			
6. Explain findings			
7. Review Self Breast Exam			
8. Discuss other screening or diagnostic tests, as indicated (mammogram, ultrasound, MRI)			
9. Devise follow-up plan (refer to breast surgeon, return in one month for exam, etc.)			
10 Ask patient if she understands and has any questions.			
<i>Interpersonal Skills</i>			
12. Greets patient			
13. Gives patient a chance to talk and ask questions			
14. Responds to nonverbal cues			
15. Makes eye contact			
16. Listens to what patient has to say			
17. Displays empathy			

Comments \_\_\_\_\_  
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Signature of Preceptor \_\_\_\_\_

1. Signature of Student _____ _____					
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